

GRANDMA CALLED IT *Roughage*

Fiber Facts and Fallacies



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Fiber Facts and Fallacies

This semi-technical volume, written specifically for non-scientists, is must-reading for anyone concerned about health and nutrition. With scientific facts to support the statements made about the known health benefits of fiber, Dr. Ory offers an interesting, sometimes humorous, approach that will appeal to the general reader.

Although not intended to be the final word on dietary fiber (research goes on continually), the book is intended to quell rumors about dietary fiber and to inform those who don't understand enough about fiber's benefits and limitations.

The author also offers some of his own recipes for simple and tasty high-fiber foods, including Bread Pudding, New Orleans Style Red Beans, and Eggplant Lasagna.

Contents

- Fibermania and How It Began
- What Is Fiber and Where Do We Find It?
- Fiber and Metabolism vs. Fat and Cholesterol
- Can Fiber Fight Fat?
- Fiber and the Big "C"—Constipation!
- Can Fiber Cure Cancer, Diabetes, or Other Diseases?
- Fiber and Mineral Nutrition
- Is Fiber an Essential Nutrient?
- Breakfast Cereals: The Battle of the Brans
- Fiber in Fruits and Vegetables
- Can Fiber Be Good for You and Still Taste Good?

Robert L. Ory, Ph.D.

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Cover: Based on apohemoglobin β subunit—courtesy of Jane S. Richardson.

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